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**Teaching healthy habits for life is caring for our future**

**United States Postal Service Releases  
Child Health Awareness Stamp**

Indianapolis, IN – The United States Postal Service today released a Child Health social awareness postage stamp nationwide. The stamp features a doctor listening to the heart of a child.

“The purpose of this stamp is to raise awareness of child health issues, like the importance of a balanced diet and exercise, regular medical check ups, and using a car seat each time,” said John McEwen, Postmaster of Indianapolis. “Keeping our children well means caring for our future.”

For more than half a century, the Postal Service has released a variety of social awareness stamps. Recent stamps have highlighted important issues such as Sickle Cell disease, mentoring a child, breast cancer and AIDS awareness. Mail is an efficient and effective way to reach people. Stamps on letters and packages all across the country and around the world are a perfect way to carry the powerful message of children’s health.

“A balanced diet and moderate exercise most days of the week are essential to the healthy development of our children,” said State Health Commissioner Judy Monroe, M.D. “That is why Governor Mitch Daniels launched INShape Indiana this year, a health initiative to encourage all Hoosiers to make healthy choices in order to improve their health and quality of life.”

“Bad habits, like eating junk food and being inactive, are hard to give up because they give us a sense of stability,” Dr. Monroe said. “That is why it is so important to help children develop healthy habits early in life that they can keep as adults.”

“Preventive care includes the good nutrition and physical fitness mentioned by Dr. Monroe. Regular dental, vision and hearing assessments, combined with TB, lead and anemia screenings, are also critical for children,” said Virginia A. Caine, M.D., Director, Marion County Health Department.

“Regular medical check ups allow potential health risks to be identified early. Early detection allows for increased treatment options and a decrease in the risk of extended illness, hospitalization, and lost time at school and with family and friends,” Dr. Caine said.

Health officials say that preventative care also involves reducing the risk for motor vehicle-related injuries by ensuring children are properly restrained each time they ride in a vehicle. State health statistics show that motor vehicle crashes are the leading cause of accidental injury-related death in Hoosier children aged 14 and under.

“Above all else, our children need to know that we love them. One way this love can be supported by the community is through ensuring our children are raised in a safe and healthy environment,” said Dr. Caine.

Since 1775, the Postal Service and its predecessor, the Post Office Department, has connected friends, families, neighbors and businesses by mail. It is an independent federal agency that visits 142 million homes and businesses every day, six days a week and is the only service provider delivering to every address in the nation. The Postal Service receives no taxpayer dollars for routine operations, but derives its operating revenues solely from the sale of postage, products and services. With annual revenues of more than \$69 billion, it is the world's leading provider of mailing and delivery services, offering some of the most affordable postage rates in the world. The Postal Service delivers more than 46 percent of the world's mail volume – some 206 billion letters, advertisements, periodicals and packages a year – and serves seven and a half million customers each day at its 37,000 retail locations nationwide. Its website, [usps.com](http://usps.com), attracts more than 21 million visitors each month.

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